



- ***Herriman Rugby Boys***

- o Founded in 2011, began Varsity play in 2012
- o 13-time varsity state champion (7 in XVs. 6 in 7s)
- o 11 consecutive Top-5 national finishes 2012-2022
- o 2021 HS National Champions
- o Two national runner-up finishes
- o #1 national ranking during each of 2019-2021 seasons
- o 43 High School All-American selections
- o All-time varsity record: 238-18
 - 14 of 18 losses were by 5 points or less

- ***Herriman Rugby Girls***

- o Restarting after a hiatus, very exciting!!
- o Prior Herriman Girls produced two US National Team players

- **Character counts**

- o All players participate in service projects
- o All players are held to the highest standards of character and integrity – this is more important than wins and losses!
- o Positive culture – respect between players and coaches goes both ways
- o Family culture – committed to each other on and off the field. Closest bond I have seen in any sport at any school
- o All players are expected to be model students at school, and show respect to all teachers, administrators, staff, and fellow students
- o Be a champion in all you do!

General Player Expectations

- Highest character at all times
 - Emphasis on language – represent your team well
 - Be an example to the rest of the school – How to act, behave, and treat others. Give others no choice but to think positively about you!
 - No entitlement, don't expect or ask for special favors from teachers, administrators, etc. You earn what you get by doing things right all of the time. You are never to opt out of participation in class due to an upcoming game/practice.
 - Always support and build teammates up, never criticize/put down a teammate
- Be a team player always
 - Never expect favors or make excuses
 - This team is a special brotherhood – this brotherhood and our care about each other is the secret to our success
- Be responsible on social media
 - If violated, the administration may remove players OR coaches from the club (do not need coach permission to do this)
 - **YOU WILL SUPPORT EVERY SPORT, ATHLETE, COACH, AND PROGRAM IN THIS SCHOOL, PERIOD. FAILURE TO DO SO WILL RESULT IN YOUR IMMEDIATE REMOVAL FROM THE TEAM**

General Player Expectations

- As a member of the team, players have a commitment to being a role model in our community and schools.
 - Your behavior reflects on the team, coach, and school
- **Any conduct that is detrimental to the team will be dealt with harshly on an individual basis**
- Detrimental behaviors include (but not limited to) following:
 - Lack of attendance/punctuality to class
 - Fighting during the season; either off campus or at school
 - Lying or stealing; either at school or on road trips
 - Using alcohol, tobacco, or other drugs at any time (covered under athletic policies)
 - Any acts of hazing
 - Disrespecting school faculty (this includes being in classes that you are not enrolled in, and not going to or participating in class), coaches, or game officials.
 - Any questionable behavior that reflects poorly on the program or team as determined by the coaching staff



- ***Herriman Rugby – Resources and Information***

- How does rugby help football?
 - No Spring Football in Utah – Rugby is as close as you can come to replicating that
 - Several teams incorporate rugby-style tackling in an effort to make tackling safer and more effective
 - These teams include: The Seattle Seahawks, Ohio State, Utah, Michigan, Boise State among many others
 - http://espn.go.com/blog/seattle-seahawks/post/_/id/17538/rugby-style-tackling-continues-to-work-for-seahawks-defense
 - <https://www.nytimes.com/2019/01/02/sports/ncaafootball/football-rugby-texas-tackling-concussions.html>
 - The NFL has mandated further exploration as preliminary results have shown rugby tackling leads to a decrease in the number and severity of concussions
 - You Tube: “Rugby in the Spring helps football players in the fall”
<https://www.youtube.com/watch?v=ha57sEivh8k>
 - Over half of the starters on HHS State-Title winning football team in 2015 had a rugby background. 70+% of HHS football players on college scholarship have rugby background.
 - Coach Wilson – coached 9 future NFL players in HS football – ALL 9 played rugby!!!
- Multi-Sport Athletes
 - Ohio State National Title team – 42 of 47 players were Multi-Sport athletes in HS
 - Almost ALL college coaches prefer multi-sport athletes over those who specialize, and SEVERAL recent studies show sport specialization leads to higher rates of injury
- Concerns about injuries
 - American Association of Surgeons Study (2013)
 - Incidence of serious injury per 1,000 players
Basketball – 33.1 Wrestling – 24.3 Rugby – 21.9
 - <http://www.cbsnews.com/news/could-football-practices-without-helmets-help-prevent-concussions/> - Positive results seen by taking the helmet out of tackling
- Rugby is an Olympic sport, which debuted in Rio 2016. Three HHS alums have already spent time training with the Olympic team. USA Olympic Rugby players get paid to train full-time!
- <http://usarugby.org/scholarships> lists college scholarship opportunities in rugby. This number is increasing every year, and HHS Rugby has contact will all of these programs.
- Resources for learning the game
 - IRB – “A Beginner’s Guide to Rugby Union” Best resource for first-time players and parents wishing to learn more about the game. <https://passport.worldrugby.org/?page=beginners>

Utah Youth Rugby Registration Instructions

GO TO WWW.HERRIMANRUGBY.COM, GO TO THE 'PLAYER HUB' TAB, AND CHOOSE 'UYR PLAYER REGISTRATION' WHICH SHOULD TAKE YOU TO THE RUGBY XPLOER PAGE LISTED BELOW

1. How To Set Up A Rugby Xplorer Member Profile

Video tutorial: <https://youtu.be/aZjB1uoHm20>

1. Go to <https://myaccount.rugbyxplorer.com.au>
2. Enter in your personal email
3. You may see "You don't have a Rugby ID," not to worry as once you enter more details the system we'll be able to pair you with your imported profile
4. Select sign me up, and you will be redirected to enter in your personal details
5. MAKE SURE that USAR National is selected and not Rugby Australia
 - a. If you see "We have found some profiles that might be you!" Please select your profile and click continue.
6. You will be redirected to the Rugby Xplorer profile homepage

2. How To Register on Rugby Xplorer for Season 2023-24

Video tutorial: <https://youtu.be/3bzRqKJA0ao>

1. Login to your Member Profile
2. Select Register in the upper left hand corner
3. Click on Find A Club, then select the person you are planning to register (you may have children as linked accounts)
5. Enter the Club name (Herriman) , select your club, and select next
6. Choose to register as a Player
7. View the personal information of the person you are registering (you can edit this information later)
8. Upload a profile photo and update your emergency contact information and answer any other questions
10. Review your Registration Summary
11. Agree to the Terms and Conditions
12. Enter your Payment information to complete your registration

***You will be asked to complete an additional verification this year if you have not done so already. You will need to upload a birth certificate or passport. This is a one-time per career verification.

REMEMBER, IF YOU REGISTERED IN FALL, YOU DO NOT HAVE TO RE-REGISTER IN SPRING, THIS WILL REGISTER YOU FOR THE ENTIRE YEAR, BOTH SEASONS.

Academic Standards

► Minimum Eligibility Standards:

► 2.0 GPA, No more than 1 'F' grade

► 'NG' grades count as Fs until made up, at which time GPA may be reconfigured

► Athletes may become eligible by completing one of the following to show academic recovery and progression

► Grade changes completed which would make the previous semester's grades meet eligibility requirements

► Mid-Term grades meeting eligibility requirements – this will reinstate the athlete's eligibility

► Weekly grade checks/reports. These must show the following to be eligible for the week:

► Athlete has no Fs or NGs

► Athlete's grades meet minimum GPA requirements

► Athlete has been consistent in attendance and punctuality in ALL classes

► We do not wish to be punitive, we want to give you reason to do well in school. If you are struggling academically for any reason, please speak to us so that we can help to get you solid and on track.

Team Social Media

Facebook (Herriman Rugby)

Instagram (herrimanrugby)

EQUIPMENT AND DUES (BOYS)

HOW TO ORDER AND PAY

All equipment is available for purchase as needed. If you do not have it, please make sure that you get it. Expect a 2-3 week minimum turnaround time on orders (3 weeks for sweats), please plan accordingly and order early. As we are a self-funded program, we cannot afford to carry constant excess stock of apparel.

DUES CAN BE PAID FOR WITH THE FOLLOWING :

- A CHECK MADE OUT TO 'HERRIMAN RUGBY'
- BY VENMO PAYMENT TO (@herrimanrugby) or CASHAPP (\$HERRIMANRUGBY)
- BY CREDIT CARD OR PAYPAL THROUGH THE WEBSITE USING THE 'DONATE' BUTTON
 - The reason we use the 'donate' button for dues is because you may owe less for dues after fundraising or may choose to break up payments, and this allows you to enter in a custom amount

AS A CLUB SPORT, WE ARE NOT ALLOWED A SCHOOL ACCOUNT, SO YOU CANNOT PAY ANY RUGBY COSTS THROUGH THE SCHOOL

REQUIRED PRACTICE & GAME APPAREL CAN BE ORDERED AND PAID FOR WITH THE FOLLOWING OPTIONS:

- BY CREDIT CARD OR PAYPAL THROUGH THE WEBSITE (Use the order form in the 'Player Hub' tab)
- BY VENMO, CASH, CHECK, OR CASHAPP AS DETALIED ABOVE WITH AN ACCOMPANYING LIST OF WHAT ITEMS/SIZES YOU ARE ORDERING
- THOSE WISHING TO PAY FOR YOUR EQUIPMENT LATER THROUGH FUNDRAISING, YOU STILL NEED TO ORDER IT ASAP. USE THE 'GEAR REQUEST FORM' UNDER THE PLAYER HUB TAB ON WWW.HERRIMANRUGBY.COM

Returning players: This is the same equipment from year to year, so only order what you need. **New players:** You must order all required equipment

<u>Mandatory Equipment</u>	<u>Cost</u>
Practice T-Shirt (Reversible)	\$25
Shorts- Gilbert Kiwi Pro Navy	\$25
Hooded Sweat Top	\$25
Sweat Bottoms	\$25

Game Socks \$20

Optional Equipment

Practice Tank Top (Reversible) \$25

Herriman Rugby Costs (7/8 boys)

- \$210 – Utah Youth Rugby Registration Fees (Fall registration carries over if applicable)
- \$250 – Herriman Rugby Dues (\$175 for additional siblings)
- \$0 to \$120 – Required Apparel

\$460 – 580 - Total Cost

Herriman Rugby Costs (9-12 boys)

- \$210 – Utah Youth Rugby Registration Fees (Fall Registration carries over if applicable)
 - o CIPP Registration with USA Rugby
 - o Referee costs, UYR admin and management costs
 - \$450 – Herriman Rugby Dues (\$300 for additional siblings)
 - o Practice Field Rental, Field Lining, school facility rental
 - o Equipment (Balls, cones, pads, etc)
 - o Game Uniforms
 - o Development Costs, Club & Team Registration
 - o Game Field Rental
 - o Misc. business and other expenses
 - \$0 to \$120 – Required Apparel
-
- \$660 to \$780 – Total Cost (\$450-\$570 if you registered in the fall)

Potential Travel Costs (Boys)

- Travel is Varsity competition by invite due to limited space for transportation and accommodations
- All travel is optional, although highly encouraged for top 25 players so that we can compete at full strength
- There are NUMEROUS opportunities available to help with costs –Fundraisers, sponsorships, donations, etc. can pay for every cent of your costs – we can find ways to help you if there is a legitimate need
- Trip 1 – St. George Tournament (Feb 23-24) Anticipated cost: \$125 per player
 - o One night of lodging, meals, plus a per player tournament entry fee
 - o Ideally players will carpool/self-drive down in order to save on cost by not renting vans/bus
 - o 3 games (shortened, 22 minute halves), you will receive a tournament t-shirt as well
 - o Player feedback dictates the preference for this arrangement, including self-drive, in order to keep costs down. Team Hotel is Ramada by Wyndham St George.
- Trip 2 – High School National Championships (Elkhart, IN) – Anticipated cost: \$1450 per player
 - o May 23-25 (Travel dates May 22-26)
 - o Cost includes airfare, lodging, entry fee, meals, warmups, travel bags, and team activities
 - o 3 games in 3 days

- o **Will not know a definite cost until we get closer. Costs could change depending on these specifics.**
Projected cost is based on last year's costs, which were higher than what we anticipated. We undercharged last year due to unforeseen rise in trip costs. We cannot undercharge again. **We will try everything in our power to bring this cost down.**

Fan Gear for Purchase

We have an online store up and running with new items! Anybody can purchase stuff here, but these sites do NOT have the required player gear for practice/games. The current ordering window is open until the end of the month. Once the window closes, allow 2-3 weeks for production. You may choose to have items shipped directly to you or pick them up from us. We will re-open new ordering windows several times throughout the year.

https://shop.teamupathletics.com/herriman_rugby_store/shop/home

We also have two other existing team stores that do not get updated very often. They do have some different things on them, but are not generally as popular as the pop-up store above. But it's nice to have 3 options!

World Rugby Shop:

<https://www.worldrugbyshop.com/collections/herriman-high-school-rugby?ref=5oVVZ3BaKUQj>

Tytan Rugby:

<https://tytanrugby.com/collections/herriman-rugby>

Please do NOT buy anything from any other online store, especially those that appear on team Facebook pages from spammers from time to time. If it is not one of the three above, it is a scam store and you will not receive any items.

Herriman Rugby Sponsorship Info

This is the single biggest area where we can improve in terms of support!!

As a recognized 501(c)3 non-profit, Herriman Rugby is in a great position to secure team sponsorships/donations. This is the single most effective way to cover player costs and reduce the amount the team charges. As a club sport, we simply cannot survive without significant sponsor/donor support

How to get sponsors:

- Local businesses are your best bets, but they also get hit up the most, so don't wait!
- Ask to meet with a manager, owner, etc. as they will be the ones making the decision
- The brochure/website does a lot of your work for you, so let them read through it fully

- Sell yourself and the program – why is this a good investment for them? What will their money help you to do/be a part of? Why is this important in your life? At the end of the day, the biggest reason sponsors and donors give is to help YOU
- If they need time to think about it, leave materials with them and give them time, but make sure you follow up – persistence goes a long way
- Have parents assist by asking their employers or their contacts, or ask them to come with you if you feel nervous about approaching businesses
- Make sure you let them know Herriman Rugby is a 501(c)3 nonprofit – this provides a huge tax benefit for businesses and sometimes they will not give without this
- They may need our EIN (tax) number. Please have them contact Coach Wilson directly for this information. Contact: herrimanmustangsrfc@gmail.com, 801-599-2270
- Because we are offering incentives that can be visible at our games, sponsorship packages are very time-sensitive. The following deadlines should be adhered to:
 - Goal post pad sponsor deadline February 15, sooner the better
 - Coach Wilson should be contacted IMMEDIATELY on any Goal post pad sponsorship – since there is only one of these, we have to fill these on a first-come, first-served basis and once we do, the option will no longer be available
 - Any sponsorship with a Banner incentive needs to be filled by March 1, the sooner the better, in order to give us time to produce banners for display at our stadium
- Like anything else, all it usually takes it effort. Would you be willing to spend a few hours of your time to help the team and to cover all of your costs?
 - **50% of sponsorship money goes to the player**
 - **All sponsorship packages are on on www.herrimanrugby.com under the tab 'sponsorships'**

Rugby-A-Thon and Donation Drive

How it works:

1. We will have a main team page that gives an overview of the fundraiser and tracks our progress toward our team goal
2. Each player will have an individual page that they can collect donations and pledges on
3. Donors have the option of making a straight donation or pledging a dollar amount for the rugby-a-thon. Those pledging will enter their card details up front so that their card will be automatically charged once your skills competition scores are entered
4. Once our pledge period is over, we will have a skills competition day! We will have 10 different skill stations set up. Each player will get 1 attempt at each station to successfully perform that skill and then move on to the next station.

5. Once completed, we will tally up your score and enter it on to our platform, which will then auto-collect your pledged donations. So, if you had a donor pledge \$10 per skill, and you successfully completed 7 skills, their donation will be \$70.
6. We will invite donors out to watch our skills competition and see how you perform – after all, they put money on you!
7. Prizes for those who bring in the most money
8. Our skills competition will look something like this (subject to change):
 - 22m placekick
 - 10m dropkick (land in target zone)
 - Open field tackle
 - Sideline tackle
 - Lineout throw through hoop
 - RH pass to target
 - LH pass to target
 - Shuttle Run
 - High Kick Catch
 - Grubber Kick Fielding

We will begin collecting for our donation drive and rugby-a-thon in late January or early February and will run it for 3-4 weeks. We will have our skills competition in late February or early March. Further details to come at practice and on Team Snap.

Code of Conduct

1. All players, coaches, team staff, supporters and spectators (hereafter referred to as participants) are ambassadors of their team, UYR, and USA Rugby, as well of the game of rugby in general. As such, each participant is expected to demonstrate respectful and responsible behavior at all times, both on and off the field.
2. Coaches must lead their teams by example and constructive direction. Coaches must lead their teams to abide by the highest standards of behavior good sportsmanship. Coaches are ultimately responsible for the behavior and actions of all players, staff, and supporters associated with their team.
3. Participants must not exhibit behavior of any sort that would adversely affect the image of rugby or HHS. This includes intentional foul play, “grandstanding”, “trash-talk”, threats, and/or verbal abuse. A participant must not before, during or after a match threaten, insult or disrespectfully address an opposing team’s player,

coach or supporter. Any Herriman Rugby player engaging in such behavior will be removed from the playing field, regardless of their ability level or the score or nature of the game. **We will lose conducting ourselves the right way before we will ever accept winning while conducting ourselves the wrong way.**

4. A participant must not before, during or after a match threaten, insult or disrespectfully address a referee, touch judge, or other match official. Coaches must respect and publicly support match and tournament officials. Coaches must not indulge in conduct that would incite players or spectators against the officials. Referees, touch judges, and match officials must likewise treat coaches, players, and spectators with due respect.

5. Participants are expected to celebrate victories with humility and respect towards their opponents and to accept defeats with grace and respect towards their opponents and the match officials. Players and coaches of both teams are expected to congratulate and show appreciation for their opponents with the rugby tradition of shaking hands after each match.

6. All players, parents and supporters must respect the rules of Herriman HS, Herriman Rugby, and UYR.

7. Parents and spectators are expected to model proper behavior and sportsmanship for their children to follow. This includes refraining from engaging in negative or derogatory statements toward opposing fans and players, as well as toward match officials. Inappropriate behavior by parents and spectators may result in removal from the match area as well as a possible card to their team's captain, and such behavior will not be supported or defended by Herriman Rugby.

Herriman HS Policy regarding conduct of student-athletes

Violation of the following may result in loss of membership, subject to administrative decision (NOT coach's decision):

- a. Disregarding any team policy
- b. Non-participation in scheduled practices/games/team events
- c. Not maintaining GPA standards
- d. An illegal act or being in a place where an illegal act is occurring.
- e. Possession or use of illegal drugs (including improper prescription drugs), alcoholic beverages, and tobacco of any form, or being in a place where this is occurring.
- f. Distributing substances (including over-the-counter medications) to other students. (Students should only possess the recommended 8-hour dosage of medication substances per school day.)
- g. Being disrespectful towards Team Director(s), Coaches, Team Members, Peers, Administration, or Teachers. Disruptive behavior or influence; including immoral conduct (i.e. excessive public display of affection, pregnancy, disruptive influence, hazing, being disrespectful to advisor and/or other team members/peers/teachers/or administration, use of crude or vulgar language, conduct deemed inappropriate by the advisor, team and/or principal, etc.)

- h. Cyber bullying, posting inappropriate items or comments on facebook or twitter, etc. (i.e. nudity, cruel or demeaning comments about others, swearing)
**Side note: HHS has suspended or removed several Varsity starting athletes in the past for improper use of social media or non-supportive comments of HHS teams, whether their own or others.
- i. Suspension from school.
- j. Cheating or plagiarizing on assignments, tests, or projects at Herriman High.
- k. Bullying in any form (Social, Physical, Verbal)
- l. Not adhering to the school dress code after being cited for a violation 2 times

Final thoughts – WHO WE ARE:

We are committed to being the best. Anybody can be average, it takes no talent or effort. But we don't do average here. We only become the best by being the best that we can be at all times in everything that we do. As such, I want to make a few things very clear:

- 1. There is zero room for bullies on this team. That is not who we are, nor will it ever be on my watch. Real men don't bully others or treat anybody else as inferior. They lift others up and show acceptance, understanding, kindness, compassion, and support. We expect our players to not only refrain from any bullying behavior, whether in person or online, but to also put a stop to it when you see it. Winners are part of the solution, not part of the problem.*
- 2. Nothing will cause people to underachieve more quickly and more effectively than drug and alcohol use. If you wish to ruin your season, that would be the most effective way to do so.*

You can be a bully, or you can be a Herriman Rugby Player, but you can't be both

You can be a drug/alcohol user, or you can be a Herriman Rugby Player, but you can't be both

You can be a bad/disrespectful student, or you can be a Herriman Rugby Player, but you can't be both

Nobody ever says, "I'm glad I was a bully/drug user/poor student in high school. It's worked out really well."

The choice is yours. Who do you want to be?